

Semper Fit Stress Management



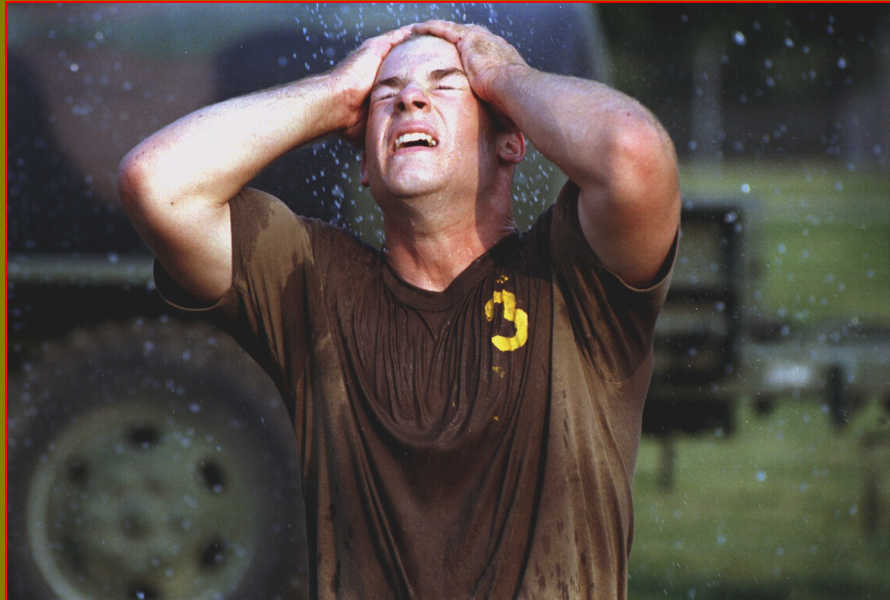
Objectives

- ✓ **Identify stressors in your daily life**
- ✓ **Understand the physical effects of stress**
- ✓ **Understand the impact of stress on your unit**
- ✓ **Describe at least 4 ways to manage stress**



Definition of Stress

- **Response to change**
- **Perceived threat**
- **Drains personal resources**



Fight or Flight Response

- ✓ **Adrenaline pumps**
- ✓ **Breathing speeds up**
- ✓ **Heart pounds**
- ✓ **Blood pressure jumps**
- ✓ **Blood vessels constrict**
- ✓ **Muscles mobilize**



Unrelieved Stress

Leads To:

- ✓ Muscle and joint pain
- ✓ Stomach pain, indigestion
- ✓ Anxiety, tension, helplessness
- ✓ Anger, irritability, confusion



Understanding Stress

- Perspective
- Self-Talk
- Attitude

Half full

Half empty

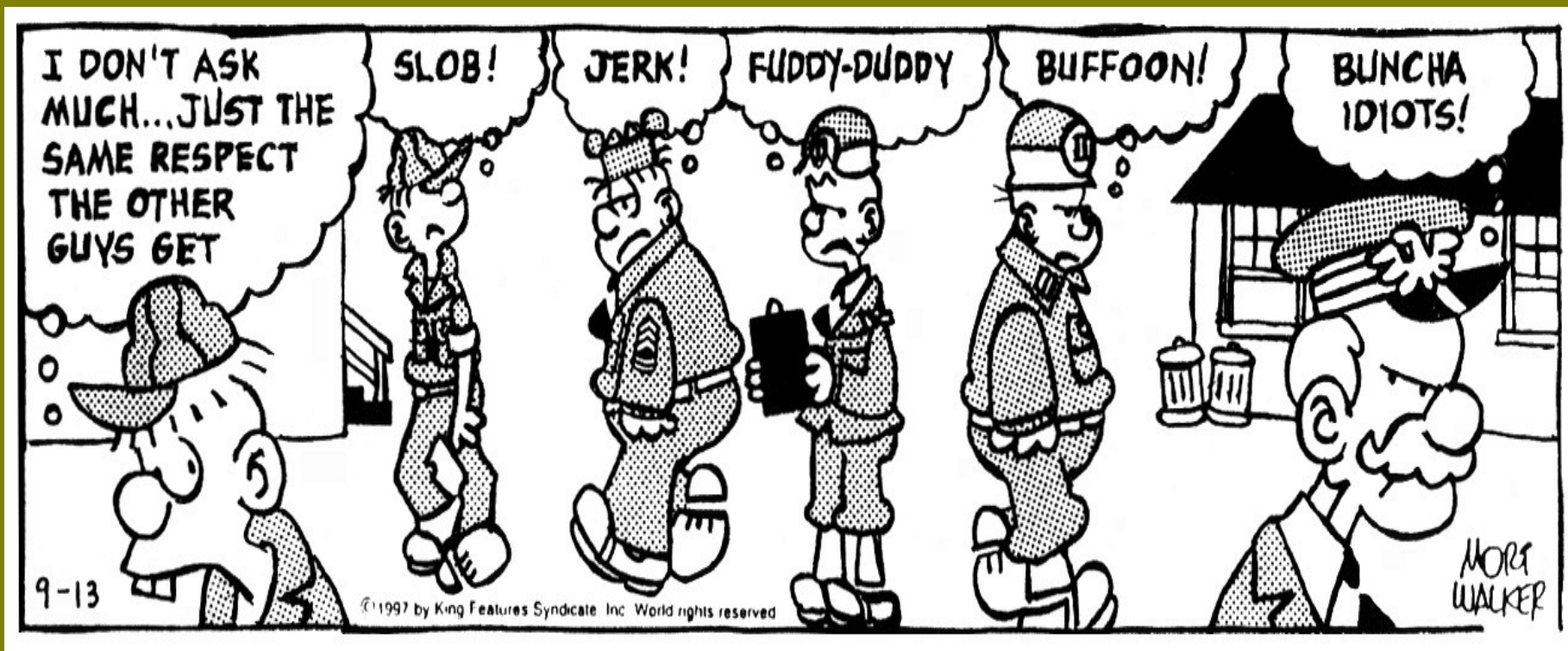


Short Circuiting Stress

- ✓ **Mental**
- ✓ **Verbal**
- ✓ **Physical**

I can do it!





Stress & the Corps

**16.5% of
Marines report
a great deal of
stress in their
work lives.**

**10.7% report a
great deal of
stress in their**



Specific Sources of Stress

- ✓ Separation from family

- ✓ Changes in workload

- ✓ Financial problems

- ✓ Changes in family:

birth, marriage, divorce, death

- ✓ Performance rating

- ✓ Health problems

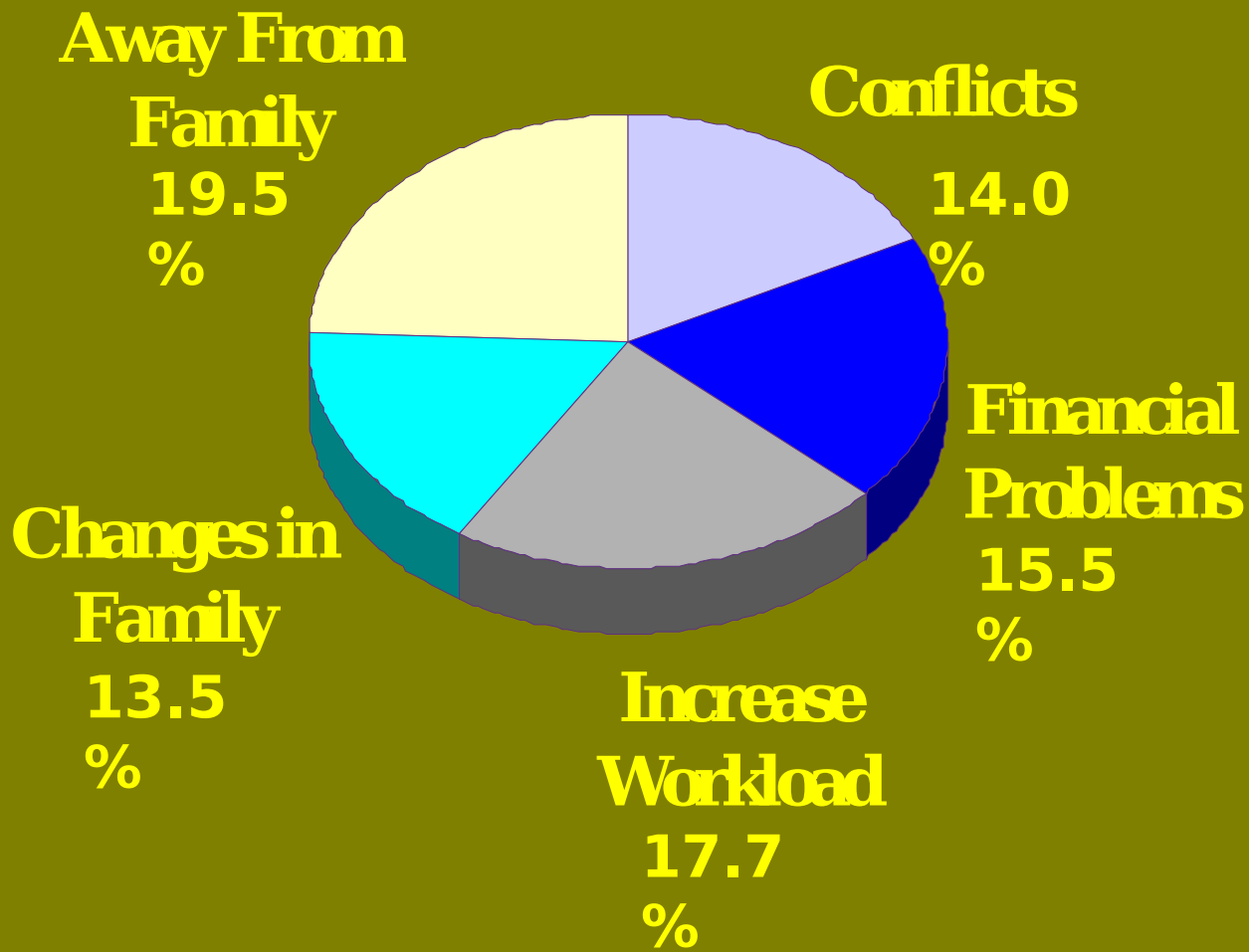


More Sources of Stress

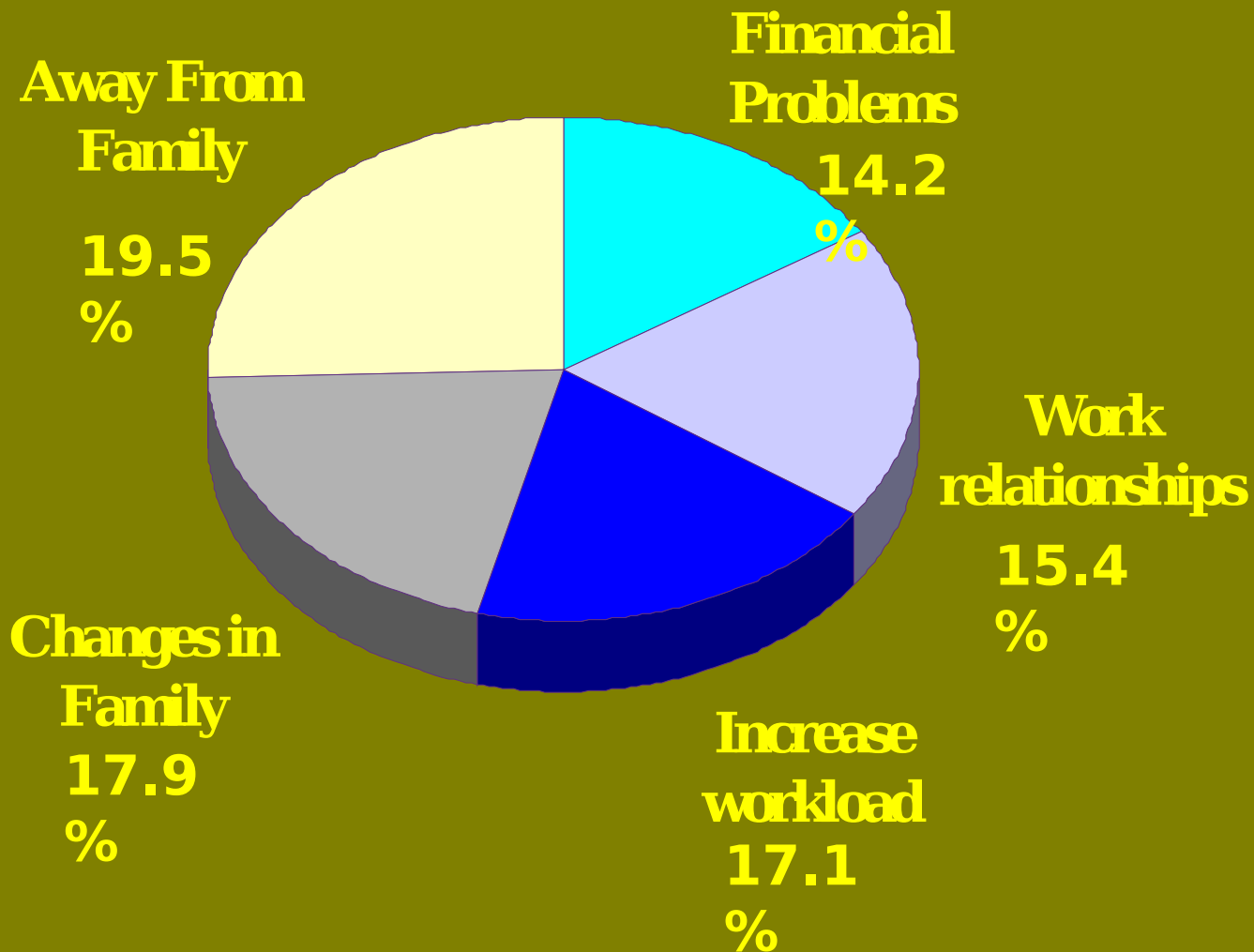
- ✓ **Deployment**
- ✓ **PCSing**
- ✓ **Housing**
- ✓ **Relationships with coworkers**
- ✓ **Relationship with immediate supervisor**
- ✓ **Conflicts between military and family duties**



SOURCES OF STRESS- MEN



SOURCES OF STRESS - WOMEN



Stress & Military Productivity

Military personnel reporting high levels of stress reported higher levels of:

- ✓ **Arriving late for work**
- ✓ **Leaving work early**
- ✓ **Being hurt in an accident on the job**
- ✓ **Working below normal performance levels**
- ✓ **Missing work due to illness or injury**



Stress and Injury

Injuries due to accidents in the work place were twice as common in high-stress military personnel than in moderate/low stress military personnel!



Common Coping Behaviors

Marines report the following methods of coping with stress:

**Thinking of a plan to solve problem
(85.3%)**

**Talking to friend/ family member
(68.9%)**

Exercise or play sports (66.6%)

Engage in a hobby (55.9%)



Common Coping Behaviors

Marines also report coping with stress by:

Smoking (28.1%)

Drinking (27.8%)

Considering suicide (5.0%)

Using illegal drugs (1.4%)



Stress Busters

General Tools

Relaxation

Guided Imagery

Three Breath Technique



General Tools

Treating your body right includes:

- ✓ **Eating right**
- ✓ **Limiting sugar and fat intake**
- ✓ **Avoiding alcohol and tobacco use**
- ✓ **Avoiding dehydration**
- ✓ **Getting enough sleep**
- ✓ **Exercising regularly**



General Tools

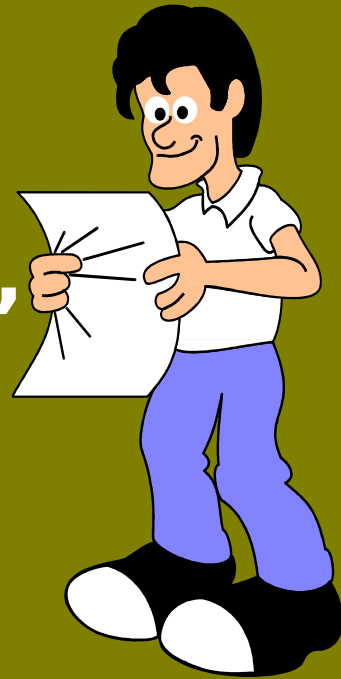
- **Get organized**
- **Rehearse (visualize)**
- **Do it now**
- **Know your limits**



General Tools



- ✓ Change your attitude
- ✓ Talk it over
- ✓ Take a break
- ✓ Learn to say “No”



General Tools

- ✓ Schedule your stress
- ✓ Positive self-talk
- ✓ Take charge



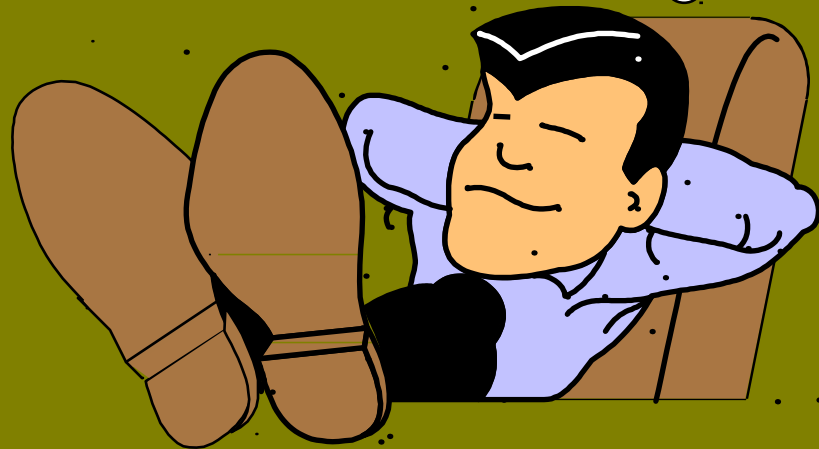
General Tools

- **Develop a sense of humor**
 - Laugh
 - Distract
 - Heal



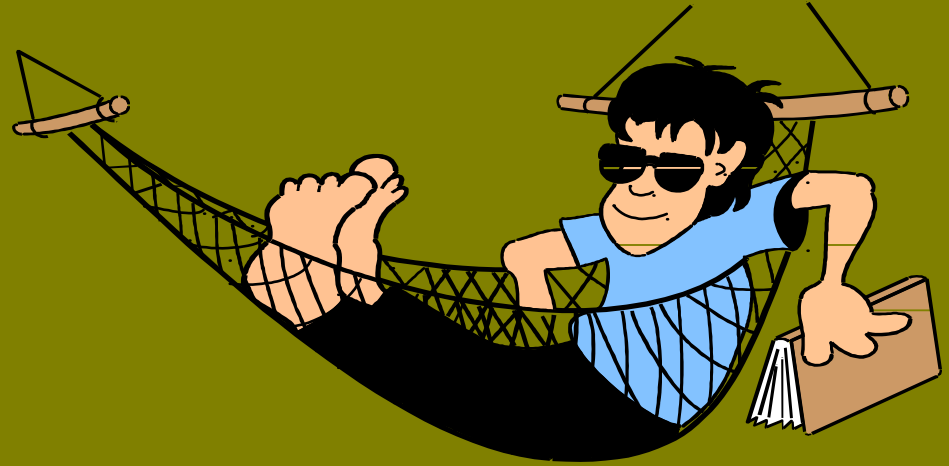
Guided Imagery Helps

- ✓ Overcome shyness
- ✓ Improve communication
- ✓ Improve confidence
- ✓ Improve athletic ability



Relaxation

Techniques



★ **Positive
results**



Three Breath Technique



Choose a technique to destress!



Life Management

Communication

Parenting Skills

Relationship Skills

Financial Management

Time Management

Orientation Programs



Communication Tips

- ✓ Prepare your ideas
- ✓ Don't interrupt
- ✓ Don't discuss when tired
- ✓ Be sensitive to mood



Communication Tips

- ✓ Pay attention
- ✓ Look them in the eye
- ✓ Ask appropriate questions
- ✓ Take notes, if needed



Parenting Skills

1. Be clear and consistent
2. Reward desirable behavior
3. Be firm, but fair
4. Keep rules simple



Parenting Skills

- 5. Serve as a role model
- 6. Develop a nonverbal signal
- 7. Calm yourself then talk
- 8. Do something fun



Relationship Skills

1. Listen & Share
2. Stay calm
3. Compliments & Kindness
4. Spend quality time together



Benefits of a Spending Plan

- ✓ Shows how you spend
- ✓ Shows where you can make changes
- ✓ Helps you save
- ✓ Allows control over finances
- ✓ Reduces impulse buying



Manage Credit Properly

- ✓ No more than 20% of monthly income to credit debt
- ✓ Review spending/credit use annually
- ✓ Use credit only for your needs



Save & Invest Regularly

- ✓ Pay yourself first
- ✓ Aim for 10%
- ✓ Something is better than nothing
- ✓ Look at long-term investments



Be a Knowledgeable Consumer

- ✓ **Comparison shop**
- ✓ **Research quality & price**
- ✓ **Read the fine print**
- ✓ **Avoid using finance companies**



Communicate about Money

- ✓ Create your spending plan together
- ✓ Review finances together
- ✓ Approach spending as a team
- ✓ Have open conversations about money



Remember

- ✓ **Develop a Spending Plan**
- ✓ **Establish & Manage Credit Responsibly**
- ✓ **Save & Invest Regularly**
- ✓ **Be a Knowledgeable Consumer**
- ✓ **Communicate about Money**



Time Management

1. Spend time planning and organizing
2. Set SMART goals
3. Prioritize
4. Use a “to do” list
5. Schedule, but be flexible
6. Consider your biological prime time



Time Management

8. Eliminate the urgent
9. Practice the art of intelligent neglect
10. Avoid being a perfectionist
11. Conquer procrastination
12. Learn to say “No”
13. Reward yourself



What Is Operational Stress?

A normal response to an abnormal or extreme situation



Operational Stress Reaction Can Occur In

✓War

✓Disasters

✓Military operations other than
war

✓Peacetime training



Physical Stressors

- ✓ Exposure to prolonged or severe operational environment
- ✓ Decreased sleep
- ✓ Heightened level of alertness
- ✓ Extreme weather, temperature or noise



Psychological Stressors

- ✓ **Pre-deployment worries**
- ✓ **Concern about the homefront**
- ✓ **Fear of death or disability**
- ✓ **Injured/wounded or killed companions**



Common Symptoms

- ✓ Fear/anxiety
- ✓ Irritability/anger
- ✓ Grief/self-doubt
- ✓ Headache
- ✓ Shakiness/trembling/fumbling
- ✓ Upset stomach
- ✓ Poor concentration



Anger Management



**“Anger is never without a reason,
but seldom a good one.”**



Long Term Health Effects

- ✓ Coronary Heart Disease
- ✓ High Blood Pressure
- ✓ Cancer
- ✓ Death



Social Effects

- ✓ Social Isolation
- ✓ Hostility
- ✓ Increased Job Stress
- ✓ Depression
- ✓ Relationship Problem



Physical Symptoms of Anger

- ✓ Racing pulse
- ✓ Dry mouth
- ✓ Breathing rate increases
- ✓ Shaking
- ✓ Feeling warm
- ✓ Breaking into a sweat
- ✓ Chest pains



Anger Control Techniques

- 1. Cool downs**
- 2. Talk yourself through it**
- 3. Meditation and relaxation**
- 4. Daydreaming/positive fantasizing**



Resolving Conflict

- 1. Express how you feel without being abusive**
- 2. Listen carefully**
- 3. Negotiate and compromise**
- 4. Remain non-abusive!**



Anger Control Skills

- 1. Learn to identify your feelings and thoughts**
- 2. Learn to evaluate negative thought patterns**
- 3. Work on communication skills**
- 4. Learn to empathize with others**
- 5. Work on problem solving skills**
- 6. Practice!**



Questions for Thought

1. Is the matter really important to me?
2. Is what I am thinking appropriate?
3. What can I do to create the outcome I desire without getting upset?
4. Is it better to let go of my desired outcome for the sake of feeling better?



Warning Signs

- ✓ Impaired performance
- ✓ Freezing/immobility
- ✓ Erratic action
- ✓ Terror/panic
- ✓ Total exhaustion/apathy
- ✓ Loss of skills
- ✓ Depression/suicide
- ✓ Memory loss
- ✓ Confusion
- ✓ Hallucinations
- ✓ Bizarre behavior
- ✓ Withdrawal
- ✓ Alcohol/drug abuse
- ✓ Misconduct



Self & Buddy Aid

- ✓ Focus on the mission
- ✓ Continue duties and stay on task
- ✓ Think about succeeding
- ✓ Stay calm and in control
- ✓ Remember that stress is normal
- ✓ Talk with fellow Marines



When Tactical Mission and Safety Permit

- ✓ Drink plenty of water
- ✓ Eat warm food
- ✓ Dry off, cool off, or warm up
- ✓ Hygiene measures
- ✓ Use relaxation techniques
- ✓ Prepare for the next mission
- ✓ Joke and laugh off stress
- ✓ Stay physically fit
- ✓ Support each other
- ✓ Keep informed/ignore rumors
- ✓ Aim for four hours of sleep daily
- ✓ Refrain from alcohol use



Four R's Early On

✓ **REASSURANCE**

✓ **REST**

✓ **REPLENISHMENT**

✓ **RESTORATION**



To Prevent Operational Stress Marines Take Care of Marines!



Summary

- ✓ You're in charge!
- ✓ Face your stressors
- ✓ Success comes from practice

